

## Nutritionist II

### Nature of Work

This is very responsible work involving the delivery of nutritional and other health related services to eligible individuals in the service area for the regional Health Department. Activities associated with the job include evaluating nutritional services provided to a community and identifying trends and needs for services for targeted populations, conveying nutrition information and planning medical nutrition therapy for high risk patients, assessing patients' nutrition status through analysis of available medical information and preparing reports and materials required to meet legal and programmatic requirements. Additional activities include providing technical consultation to staff at various agencies and institutions on behalf of special populations, following up on patients identified as being at high nutritional risk and assessing home environments for factors affecting the health and well being of patients. Job responsibilities require registration as a Registered Dietitian, considerable knowledge of available health and nutritional programs and services in the area, strong organizational, interpersonal and decision making skills and the ability to analyze data and related information and prepare detailed reports with supporting documentation. Incumbents must also be capable of performing the physically demanding aspects of the job including considerable driving, standing and moderate lifting in a variety of weather conditions. Job performance is evaluated by the regional Registered Nurse and/or Regional Director through review of the level of service provided to clients, knowledge and expertise in nutrition and health related fields, interpersonal, organizational and decision making skills and the accuracy and thoroughness of submitted reports and related documentation.

### Illustrative Examples of Work

- Evaluates nutritional services provided to the community and identifies trends and needs for services for targeted populations by using health and nutrition surveillance data, health statistics, demographic data, etc.
- Develops nutrition counseling plans and nutrition services to address identified needs.
- Obtains administrative support for specific nutrition interventions and implements nutrition counseling plans and services which address identified needs.
- Utilizes patient feedback surveys and other collection methods to conduct continuous evaluations of nutritional services and communicates intervention outcomes to staff members and regional administrators.
- Conveys nutrition information and plans medical nutrition therapy (MNT) for patients who are at high nutritional risk.
- Counsels patients in one-on-one and group settings.
- Interviews patients to assess their literacy level, cultural background and readiness to learn.

- Educates patients on breastfeeding techniques, diabetes care and other nutrition issues by using growth charts, computer games and other instructional aids and develops a variety of teaching methods and tools such as posters and manuals.
- Initiates group interaction by asking questions, discussing topics and clarifying issues and discusses with patients mutually acceptable plans of action to deal with various nutritional issues.
- Assesses patients' nutritional status and analyzes medical information including cholesterol and blood glucose levels, biochemical, or anthropometric data to identify lab value fluctuations, how food interacts with patients' medications and other nutrition related information.
- Questions patients to collect information about their dietary intake and behavior and reviews medical and social history in patients' files.
- Evaluates the effectiveness of nutrition intervention by questioning patients about their compliance with nutrition care plan recommendations and observing if their nutrition status is improving.
- Prepares reports and materials to meet legal and programmatic requirements.
- Records data, notes and other information from patients' care plans, nutrition counseling, education and medical nutrition therapy into patients' medical files.
- Writes justifications for recommendations made or actions taken and develops appropriate plans of action to correct issues identified by patient surveys or other evaluation methods.
- Assists management with legislative and congressional inquiries by preparing and writing draft responses.
- Provides technical nutrition consultation to staff of agencies and institutions on behalf of individuals and/or special populations.
- Contacts organizations, individuals and agencies that can offer medical care and social services assistance to patients.
- Shares information with and provides data to staff of health facilities, health department programs and agencies in the community that can offer medical care and social services to patients.
- Serves as the nutrition expert on multi-agency committees and answers question or concerns from agencies in the community.
- Follows up on patients identified as being at high nutritional risk through nutrition assessment or referrals.
- Visits patients homes, assesses home environments for factors affecting health, observes family eating patterns and health practices, counsels patients to insure they are complying with nutrition care plans and make referrals and recommendations based upon findings.
- Performs related duties as required.

### **Necessary Requirements of Work**

Graduation from an accredited college or university with a Master's Degree in human nutrition, dietetics, or any public or community health field dealing with applied human nutrition and possession of proof of registration in active status as a Registered Dietitian (RD) with the Commission on Dietetic Registration (**or**) possession of proof of registration in active status as a Registered Dietitian (RD) with the Commission of

Dietetic Registration and experience equivalent to one year of full-time professional work; strong interpersonal, organizational and decision making skills; ability to compile and analyze detailed and complex information; considerable knowledge of health related and social services available in the community; sufficient strength and agility to perform the physically demanding aspects of the job in a variety of weather conditions; or any equivalent combination of education and experience to provide the following knowledge, abilities and skills:

- Thorough knowledge of nutrition related health problems and illnesses including the appropriate diagnostic tests and procedures required to identify ongoing chronic and/or critical illnesses and related health problems.
- Thorough knowledge of nutrition and social service agencies in the community available to assist clients.
- Thorough knowledge of available teaching aids, brochures, posters, films, etc. for educating patients about proper nutritional practices.
- Thorough knowledge of acceptable medical interventions and patient care plans required to prevent nutrition related illness and health complications.
- Thorough knowledge of federal (USDA) and state health department regulations governing the delivery of nutrition related services.
- Thorough knowledge of the Women, Infant and Children (WIC) program including eligibility requirements, breastfeeding techniques and available services.
- Thorough knowledge of HIPAA regulations governing the storage and dissemination of protected medical information.
- Thorough knowledge of the Ryan White program including eligibility criteria and available services.
- Thorough knowledge of acceptable interviewing techniques and practices utilized to obtain medical and lifestyle related information from patients.
- Thorough knowledge of appropriate case management practices including the proper documentation of patients' medical condition(s) and justification for recommended nutritional interventions.
- Considerable knowledge of proper grammatical form utilized for preparing reports, memoranda and correspondence.
- Ability to interact in an effective and professional manner with clients, co-workers, physicians, social service providers and local and regional officials.
- Ability to effectively prioritize daily, weekly and monthly activities and meet all established deadlines and reporting requirements.
- Ability to develop and implement appropriate and effective nutritional interventions and care plans which adequately meet patients' needs.
- Ability to compile data, analyze existing trends and prepare detailed reports and supporting documentation required to comply with legal and programmatic requirements.
- Ability to provide effective individual and group counseling sessions and facilitate involvement by all individuals attending the session.
- Ability to provide effective technical assistance and timely data and information to medical clinics, social service agencies, etc.

-Ability to effectively evaluate the effectiveness of nutritional interventions and care plans by interviewing patients and determining their compliance with established goals and objectives.

-Ability to perform the physically demanding aspects of the job in a variety of weather conditions.

### **Necessary Special Requirements**

-Graduation from an accredited college or university with a Master's Degree in human nutrition, dietetics, or any public or community health field dealing with applied human nutrition and possession of proof of registration in active status as a Registered Dietitian (RD) with the Commission on Dietetic Registration (**or**) possession of proof of registration in active status as a Registered Dietitian (RD) with the Commission of Dietetic Registration and experience equivalent to one year of full-time professional work is required by state regulations.

-Possession of a valid Tennessee Drivers license and the ability to be insured at standard vehicle liability rates.